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Demographic factors impact on sports participation

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Abstract

Demographic factors, along with important factors such as physiological, psychological, biomechanical, physical fitness, directly affect sportsperson's sporting choices, sports affinity and long sports life in today's social environment. In the present research paper we have discussed six demographic variables; Age, Gender, Caste, Religion, Income and Marital Status keeping in mind the Indian environment. Nowadays every citizen considers it necessary to participate in games and sports activities, but the barrier of participating in it and adopting it in his life is very much in India. Only a small number of people cross the social, domestic, and economic boundaries to enter the confines of the sports complex. These demographic variables also have positive and negative impact on the world's famous sports persons as well as at the local level sports activities. Because the player is also a part of this society, which cannot separate itself from the ups and downs and formations within the society. While the game itself is considered a social activity, in which the player participates in the group. By participating in sports activities, the player puts his energy in the right direction by playing himself out of bad habits, drugs and fights, etc., growing in the society. It inspires youngsters in today's technological inactive environment and to lead an active lifestyle.

Keywords: Demographic, religion, social barriers and socioeconomic

Introduction

Lack of participation in sports and physical activity has long been recognized as a dangerous global problem that requires serious attention. Several studies have been conducted to investigate this global issue of low participation in sport and physical activities. This issue of lack of participation in sports and physical activities is also affecting the young adolescent population. Participation in sports and lack of physical activity can have harmful effects. Researchers believe that participation in sports can benefit adolescents and school students in terms of their psychological and social benefits, positive mental and physical status, lower levels of cigarette smoking and illicit drug use, and less depression. Although there are still many studies that show positive results of engaging in sports, there is less participation in sports among adolescents and students. Several local studies have found a low correlation between physical activity and sports participation by adolescents and school students.

Demographic variables and their effect on physical activities

Age

Participation in sports has many health benefits, and is also popular among children. However, it has been observed that participation in sports decreases with age. Sports participation patterns are usually traced by age and gender. There is evidence that participation in sports is a young person's activity. According to the report, the level of participation in sports is at its peak at the age of 12-13 years. Participation in sporting activities increases after school. Whereas 64% of the country's population currently does not participate in sports and physical activities. Statistics show that 69% of those surveyed attended school or their neighbourhood and admitted that they played some sport during that time. But whether participation in sports decreases dramatically from childhood to adulthood is a big question mark.

In India it has been seen that children in the age group of 4 to 10 years spend most of their time on mobile rhyming, and watching TV cartoons. Children above 10 years spend their time playing games on mobile and being busy on social media. After excessive distraction, the child starts giving some time to physical activities.

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Children in adolescence show interest to engage in sports, but actively participate in a small number of sports exercises and games. The emphasis is on only small level sports such as yoga, table tennis, badminton, tennis and other recreational sports in schools. All this is possible only in good schools. In normal private and government schools, mainly sports without sports equipment, activities like Kabaddi, Kho-Kho and Volleyball etc. are emphasized. Most children limit themselves to running. They also do so because of their passion to join the Indian Army or Police for their family's livelihood. The participation of the child in sports also depends on his own awareness. He engages more in sports activities by watching his elders. Most of the schools in India do not have playground facilities. The entire focus of the school is on the academic development of the child and there is a lot of support from the parents of the child.

During adolescence, the surplus energy of the child is not used properly. Due to the availability of spare time and surplus energy with the child, he adopts unhealthy habits like drugs, violation, unsocial activities, etc. He has little knowledge of basic physical activities and exercises. He also

gets all this information at his level through social media etc. So he gets bored of them very quickly.

By about 30-35 years, a person starts experiencing his physical weakness. And then he adopts physical activities to keep himself healthy but at that time neither he has proper time for these nor proper knowledge of activities. Normal people in India in this age group adopt such physical activities which are less painful for the body and physical activity as well as talking on mobile, so walking comes at the most primary level in this category.

People above the age of 50-55 years try to keep themselves healthy by walking slowly and doing some yoga exercises. Very few people in this age group make active sports activities a part of their lives. In general, the above research provides evidence that participation in sports decreases with age.

In Australia the majority of participants (64%) were under 20 years of age. In 10-14 years of age it was 27.6%, followed by the 5-9 year age group (19.9%) and the 15-19 year age group (15.3%). Less than 10% of the participants were over the age of 50.

Sr. No.	Name of the Country	% population interest in Games and Sports activities	% population take active participation in Games & Sports activities.
1	US	75%	35%
2	China	65%	30%
3	India	62%	1%

IISM (International Institute of Sports and Management) TURF studied in 2018 and found that 75% of youth are interested in sports in the US – but only 35% are actively participating. 65% of youth are interested in sports in China - but only 30% take active participation. 76% of youth are interested in sports in Singapore - but only 33% take active participation. 62% of youth in India are interested in sports but only 1% take active participation. Less participation leads to fewer medals in competitions and an unhealthy lifestyle.

People in India are largely aware of sports like cricket, football, kabaddi, hockey and volleyball. More than 70% of the 'sports' youth are not aware of a sport like the modern pentathlon.

Gender

In India, women's participation in sports lags far behind men's figures. In India, girls are considered different from boys since birth and girls remain victims of this social mindset throughout their lives. As boys' interest in sports increases, girls' participation in sports declines by the time they reach adolescence. In most parts of India, except in a few areas, girls participate in sports that have a fair distance between the players' bodies. Girls participating in sports are called boys.

Social attitudes and insecurities are the main reasons behind girls' low participation in sports after adolescence. Girls are not allowed to participate in sports by their parents. The main reason behind this is social thinking and an unsafe environment.

Sports considered 'appropriate' for women in India

Both men and women agreed that sports were good for them. These are important. Nevertheless, there are some sports that some consider 'inappropriate' for women, such as boxing, weightlifting, wrestling, kabaddi and motorsports. Girls mostly like indoor sports. In the last few years, girls have started adopting many self-defence sports as well. It is seen that there has been an increase in the trend of middle class families' women going to the gym in the small cities of India.

Changes related to physical activities of women have also been observed at the village level. In comparison to earlier, women now come out on the streets of the village for morning and evening walks, this was not the case a few years ago. At village level women have started wearing sports shoes in their attire which shows their mentality and love towards sports.

Now women are also adopting sports activities as a profession like men. Hence girls are involved in sports and activities related to NCC at school and college level also.

Women have low participation in sports, social thinking, insecurity and lack of environment or playgrounds at local level for physical activity and an unequal proportion of women to men ratio.

Participation in physical activities is not considered necessary, but a compulsion. Because most of the people adopt them to get employment in their life or after the doctor's advice. People think that sending women to sports that is, inviting an unpleasant incident to your house, is considered as an invitation. Social insecurity and thinking of doing everything in less time play a major role in creating such situations.

Gender differences can be seen with respect to a setting that practices sports or other physical activity: men are more likely to engage in sports clubs or physical activity at work. Women are left only in the middle of home to school or office. In line with this observation, more men consider sports activity than women. Local sports clubs and other local providers offer many opportunities for men to be physically active. These differences can be linked to the traditional gender roles attributed to women and men.

Research shows that these figures are dramatic when divided by gender. 42% of men said they play sports, compared to 29% of women. People aged 15-24 play the most sports, and research has shown that those who are unmarried are also more likely to participate in sports, with 54% playing unmarried, while 30% are married/divorced.

Attitudes towards women in sports

New research shows that 41% of people believe that

sportsmen are as good as their male counterparts. However, a third of Indians surveyed believed that female players are not really as good as male players. 37% of respondents said that female athletes are not feminine enough, and 38% said that sports featuring women are not as enjoyable as sports featuring men. However when it comes to prize money, a majority of Indians (85%) believe that men and women should get equal pay. Only over a third of respondents chose one or more sports that are not suitable for women.

People also cited some other reasons regarding this which are as follows.

- It is not safe for women to play.
- 29% believe that women are not strong enough to play sports like men.
- Women are not able to play sports at all times of the month.

BBC World Service Shantanu Chakraborty, Head of Audience Research, says: "Our research shows that women's attitudes to the game in India are complex, contradictory and opposite.

Large gender disparity in cricket and kabaddi:

In comparison 25% of men and only 15% of Indian women play cricket, with a large gender gap. There is very little inequality in Kabaddi, with 15% of men and 11% of women participating in the game. Although 100% of Indians are familiar with both sports The Indian women's hockey and cricket team has not been seen as socially equal to men till date.

Caste

Hima Das, 18 years old, from Assam, the first Indian woman athlete to win a gold medal in the 400m track race at the World U20 Championships in Tampere, Finland but Indian social media was thinking otherwise. What is the Hima Das's caste? This was not the first time a champion was being viewed through the prism of caste. Earlier, when badminton champion PV Sindhu won the silver medal in the Rio Olympics. There was an increase in Google searches on his caste, especially Andhra State and Telangana region. And now on 7 August 2021, Neeraj Chopra, who won a gold medal in the javelin throw competition at the Tokyo Olympics, also appeared on social media. Even Bollywood actor Prem Chopra added Neeraj Chopra's name to his surname. Whose video became quite popular on social media?

In India, it is seen at the field level that most of the players want to get training from the coach of their own caste. Most of the players show interest in learning the game which is taught by the coach of their caste. The main reason for this is the discriminatory treatment amongst themselves and the thinking of not getting out of the purview of casteism.

Even in India, when the child goes to join the Indian Army, a line is drawn between them on the basis of caste like Maratha Battalion, Sikh Battalion, Rajputana Battalion, Jat Battalion etc. Due to which the children of other castes feel discouraged. When sports was dominated by the Sikh sect. At that time a lot of attention was given to a player wearing a turban and carrying a head case.

In sports training as well as in the selection process, caste observation reduces the percentage of participation in these. The normal kid is likely to get selected in the team only on the basis of his highest performance otherwise not. Due to which there is always pressure on the player to perform well.

Seeing this kind of behavior for a long time, he tries to quit that game. For this reason, ever since coaches from abroad have been training Indian players, there has been a significant rise in the standard of Indian sports, whether in the Indian hockey team or in football and athletics.

People have seen there was a big fight between wrestling players Sushil Kumar and Narsingh Yadav on the basis of caste. Narsingh Yadav was later convicted of doping and had to leave the sport of wrestling forever. It was learned from the sources that another player of Sushil Kumar's caste had mixed banned substances in Narsingh Yadav's food. The reason for this was also that in Bahalgarh, Sonepat where he was training, there is a majority of people belonging to Sushil Kumar's caste.

In the 1936 Berlin Olympic Adolf Hitler refused to handshake with four gold medalists in the long jump, 100m, 200m, 4X100 winner Jesse Owens. At that time the colors of casteism emerged in front of us.

Another story was the black power salute during the 1968 Mexico City Olympics and the 1972 Munich Olympics shook some nerves. In the 1968 Olympics, Tommy Smith and John Carlos finished first and third respectively in the 200 m sprint. When they collected their medals, both bowed their heads and raised their fists each with a black glove. They raised their hands until the American anthem was played. The three winners also wore human rights badges on their jackets. The president of the International Olympic Committee (IOC) ordered their suspension from the US team, banned them from the Olympic Village and were expelled.

It is more visible in cricket like in other sports. When Indian cricketers were rewriting history during their tour of Australia, Mohammad Siraj and Jasprit Bumrah faced racial abuse. During the Indian Premier League (IPL), Darren Sammy was called 'Kalu' (Black) by some of his teammates. Later they came to know that they were referring to the color of his skin.

Religion

India sees various aspects based on religiosity. It has been observed that the participation of Muslim women in sports is very low. The participation of Muslim women in sports like swimming, gymnastics, wrestling, kabaddi etc. is negligible. The participation of Muslim men in big sports like cricket, hockey, football etc. are found in good numbers.

Similarly with respect to the Sikh community, it has been observed that the participation in sports activities of Sikh women and men is found more as compared to other religions. There is more awareness of sports in the Sikh community. Here women also get complete freedom to participate in sports.

Like the Sikh community, the participation of men and women of the Hindu community is also highly observed in sports. But the participation of Hindu women in sports lags behind that of Sikh women.

Christians in India show little interest in sports. They mostly participate in sports in which mental abilities are over-utilized and physical abilities are under-utilized. Play aquatic activities, gymnastics, Polo, cricket, badminton, table tennis, tennis, billiards and squash etc. The percentage of participation in them is more than kabaddi, wrestling, kho kho etc. It is seen that men and women of this community adopt physical activities early in life. People of Christian community keep sports related activities as a part of their life throughout their lives.

Income

Student's participation in sports also depends on the financial status of their family. Students who belong to families with good financial status. They usually show little interest in sports. Financially rich children show interest in such games which are played on the basis of money. The mentality of the family members with good financial condition also leads the child towards such games in which the children of rich families play.

Nowadays children of rich families are more like feeding games like (VR) virtual reality. On which he spends more time than expected. With the help of virtual reality, a player can take training from a world class coach in the room of his home. Toddlers provide more enjoyment than normal games from virtual reality. So he spends more time in the imaginary room than in the real field. Children from financially strong families prefer to choose sports like shooting, squash, polo, billiards, swimming, cricket, archery, badminton, table tennis, tennis and cycling in India.

Whereas the economically weaker child plays outside in the open ground with minimum sports equipment. He chooses only low cost games. He opts for financially less expensive sports, and tries to make a career in the same. An economically weaker child chooses such a sport which has a minimum requirement of play material. Sports like Athletics, Wrestling, Kabaddi, Kho-Kho, Football, Hockey etc. Nowadays he chooses his game according to the income group he falls in. The trainers also suggest that he should choose the sport according to his family status.

Based on the children, it is learned that between 2016 and 2021, Neeraj Chopra received government support of Rs 7 crore to achieve this objective for Tokyo Olympics training. The Indian government spent this amount on the following tasks: Visa support letters for training and competing in events across Europe when the country was facing lockdown. He received financial support for the purchase of sports gear and recovery equipment. Separate finance was allocated for his training in the national coaching camp and for hiring a biomechanist specialist cum coach for overseas exposure. Injury Management and Rehabilitation with Federations and NGOs He was given financial support for 26 international competitions in the current Olympic cycle. If the Indian government had not given financial help to Neeraj Chopra, then it would have been impossible for Neeraj Chopra to get a medal in the Olympics.

Thus India has been winning medals continuously in shooting competitions at the international level. It also depends on the technologies of the rifle or pistol gun. Abhinav Bindra, who won the gold medal in the Olympics, had said that I have spent so much for training in this sport, which the government has not even provided me in the form of prize money after winning the Olympic Gold Medal. A child coming from a normal family is not able to buy such expensive sports equipment. So he avoids choosing expensive sports. By working less in expensive sports, the chances of getting medals are higher. Sports like golf, billiards and horse riding have not even been seen by the children of small towns till date, how they can think of taking training there.

Marital status

Research has shown that those who are single are also more likely to participate in sports, with 54% of them playing unmarried sports, while 30% are married/divorced.

Marriage is considered to be the second birth of the girl as she leaves the old environment and enters the new environment.

The girl's participation in sports after marriage depends on the mental thinking of the boy's family members. How do they view family sports activities? Similarly, after marriage, the boy also starts paying more attention to his family life, which reduces his continuity in sports activities.

After marriage, women see less participation in physical activities and sports. Social change and family development. At the same time, less availability of time for women is also one of the main reasons. Along with domestic work, the upkeep of children is considered their responsibility at the social level.

What is the relationship between husband and wife after marriage in 2009? It also directly affects their participation in sports activities. Golf legend and richest player of the world Tiger Woods was consistently ranked number one in the world. He was having a family dispute with his wife, Elin Nordegren, which caused him to continuously drop his ranking 1 in the golf game.

The same happened with Indian Cricket bowler Mohammad Sami last year in 2019, when Sami had a domestic dispute with his wife Hasin Jahan.

Similarly, in the past, when Virat Kohli failed to perform consistently, his wife Anushka Sharma encouraged him on the field, which showed a positive effect on Virat's performance. Indian badminton player Pullela Gopichand badminton player PVV Lakshmi Married in 2002. Both made the game of badminton the goal of their life. Both of them are continuously promoting sports activities as well as running several training centers for the game of badminton. Nowadays their son Sai Vishnu Pullela is also playing badminton. Pullela Gopichand is the only player in India to have received all the three Rajiv Gandhi Khel Ratan, Arjuna and Dronacharya awards and his wife's main contribution has been in this.

Shuttle Saina Nehwal's and Parupalli Kashyap got married on 14 December, 2018. Both of these are also playing continuously for India. The environment of physical activity and participating in sports has an impact not only on our home, but also on the thinking of the people around us. It also motivates them to take part in sports with our family members.

Conclusion

Along with these four variables, family structure, ethnicity, etc. also influence physical activity performance and participation in sports. The social structure of our society and our economic status determine the direction in which we go to participate in these. Majority of the country's population wants to participate in sports and physical activities, but it is not able to make them a part of their daily routine. Since ancient times, physical activities have been seen with special respect in various cities and their religious functions. At that time the people of Hinduism considered the use of sticks, the people of Sikh religion Gatka, the people of Muslim religion riding and wrestling, and the people of Christianity considered it their birthright to play cricket and badminton. They adopt them in his life, so it is very important to have complete facilities around us to participate in physical activities and sports. For a long time the kid has been wasting most of his time on social media. Industries have started adopting virtual reality in sports in a big way. With this new technology, the child is confined in a room and deprived of the social structure. In view of the increasing number of suicide cases among adolescents, the government is encouraging children to participate in physical activities as well. It is observed that in the last 2 years 15% of the total

suicide cases were adolescent children. And Madhya Pradesh was named among the states that committed the most suicides. Participation in sports brings success in life. Research has been done in Malaysia that children who abstain from physical and sports activities are more likely to engage in bad habits like drugs, gambling, fighting etc. It also harms the family and society. So we should promote the above four positively in society. This will increase the interest of children towards sports and physical activities.

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